



## Healthy Cooking Buying Guide Quick Reference Handout

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### What is healthy cooking?

Healthy cooking is about cooking fresh (or even frozen), nutrient-rich food with simple ingredients using cookware and small appliances that are designed for making it easy.

### Cookware for healthy cooking

**Frying pans and skillets** – The best ones are made of a non-stick material like cast iron or stainless-steel with a coating that allows food to slide off easily. This reduces the need for a lot of oil or butter.

**Wok** – They cook food quickly while still retaining flavour and texture, making them ideal for vegetables and stir fries.

**Dutch oven** – Perfect for making large batches of homemade sauces and soups, they can easily go from stovetop to oven, but can even do so much more as well, like bake bread.

### Small appliances for healthy cooking

**Blender** – Make homemade smoothies, dips, soups, and sauces, retaining all the vitamins and nutrients.

**Juicer** – Extract juice from produce, including fruits and vegetables, for a healthy drink free of added sugars and preservatives.

**Air fryer** – Cook all types of food using little to no oil while still enjoying indulgent favourites with the same nice, crispy texture you'd get if they were deep fried.

**Slow cooker** – Easily prep food and “dump and go” so you have a healthy, nutritious meal ready



for you at the end of the day when you get home.

**Multicooker** – Cook meals in a fraction of the time using high pressure. Even make quick side dishes by steaming, pressure cooking, or sautéing, all in one device.

**Electric grille** – Grill everything from burgers to pancakes, eggs, and bacon inside for a homemade breakfast or lunch. Since the fat runs off, you get a healthier result.

**Sous vide machine** – Cook low and slow with the perfect temperature and consistency while retaining all the nutrients in proteins, fish, vegetables, and more.

**Food processor** – Ideal for prep as well as making things like salad dressing, dips, and sauces to use as healthier alternatives.

**Stand mixer with attachments** – Make everything from homemade bread to low-sugar desserts like muffins, pizza crust, whipped cream, and more. With attachments, make your own ice cream, pasta, and more.

### **What else can you use for healthy cooking?**

**Food storage** – Prep food or ingredients and portion it out in food storage containers for quickly cooking the next day or as grab and go meals.

**Kitchen scale** – Use this to weigh ingredients but also to measure portions if you are focusing on portion control. Some also have nutritional and calorie counters built in.

**Food prep devices** – Along with a small appliance like a food processor, you can use simpler food prep devices like a salad spinner, garlic press, or food chopper.

### **Tips for healthy cooking**

**Make big batches** – If you're making something elaborate like chili, curry, or a soup or pasta sauce, make a big batch, portion it out, and freeze some for quick meals when needed.

**Buy healthier ingredients** - You can find healthier alternatives that aren't always more expensive, and substitute things to make dishes healthier. Use apple sauce as a sweetener in



baking, for example, versus refined sugar.

**Don't microwave certain things** – When making fresh vegetables, opt for steaming or boiling instead of microwaving so you retain all the goodness and nutrients.

**Buy frozen vegetables** – There's debate over if frozen vegetables lose some nutritional value, but they're great in a pinch, good for you, and better than an unhealthy alternative.

**Portion it out** – Cook and pre-portion meals making sure to have at least a third, if not more, of your plate filled with vegetables.

**Use healthier seasoning** – Experiment with using alternative seasonings to salt, like paprika or turmeric.

### **Take the next step**

Ready to start eating healthier? There's plenty of cookware and small appliances that can help you cook the foods you love in a healthier way at Best Buy Online.